



CARROTS, LOW-SODIUM, CANNED

Date: July 2009

Code: A098

PRODUCT DESCRIPTION

- Canned carrots are U.S. Grade A.
- Canned carrots are sliced or crinkle cut.
- Canned carrots are a low-sodium food.

PACK/YIELD

- Each can contains about 15 ounces, which is about 1 $\frac{3}{4}$ cups or 3 servings ($\frac{1}{2}$ cup each) after cooking and draining.

STORAGE

- Store unopened carrots in a cool, clean, dry place.
- Store opened carrots in a tightly covered container not made from metal and refrigerate.
- Look at the "Best if used by" or "Best by" date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

USES AND TIPS

- Serve canned carrots heated, or use in a variety of main dishes, soups, salads, and stuffing.

NUTRITION INFORMATION

- $\frac{1}{2}$ cup of carrots provides $\frac{1}{2}$ cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet the daily recommendation is about 2 $\frac{1}{2}$ cups of vegetables.
- $\frac{1}{2}$ cup of carrots provides more than a day's worth of vitamin A.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor, or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: $\frac{1}{2}$ cup (73g) carrots, low-sodium, canned, drained

Amount Per Serving

Calories	20	Calories from Fat	0
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% Daily Value*

Total Fat 0g	0%
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Saturated Fat 0g	0%
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Trans Fat 0g	
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Cholesterol 0mg	0%
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Sodium 140mg	8%
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Total Carbohydrate 4g	1%
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Dietary Fiber 1g	4%
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Sugars 2g	
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Protein 0g	
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Vitamin A 160%	Vitamin C 4%
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Calcium 2%	Iron 2%
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*Percent Daily Values are based on a 2,000 calorie diet.

CHICKEN WITH VEGETABLES AND RICE

MAKES ABOUT 3 SERVINGS

Ingredients

- 1 can (about 15 ounces) carrots, drained
- 1 cup (about 5-6 ounces) cooked chicken, diced
- ½ chicken bouillon cube (or ½ teaspoon instant chicken bouillon granules)
- ½ teaspoon basil, dried (if you like)
- ½ cup water
- 1 cup white rice, cooked
- 1 small can (about 8 ½ ounces) unsalted green peas, drained

Directions

1. Combine carrots, chicken, bouillon, and ½ cup water in medium-size saucepan. If using basil, add that too. Bring to boil.
2. Stir in rice; then add peas. Remove from heat.
3. Cover and let stand 2 minutes.
4. Stir gently and serve.

Nutrition Information for 1 serving (1 cup) of Chicken with Vegetables and Rice

Calories	230	Cholesterol	35 mg	Sugar	7 g	Vitamin C	12 mg
Calories from Fat	20	Sodium	412 mg	Protein	19 g	Calcium	66 mg
Total Fat	2 g	Total Carbohydrate	33 g	Vitamin A	815 RAE	Iron	3 mg
Saturated Fat	0.5 g	Dietary Fiber	6 g				

Recipe adapted from DelMonte.com.

HONEY RAISIN CARROTS

MAKES ABOUT 8 SERVINGS

Ingredients

- 1 can (about 15 ounces) carrots, drained
- 1 tablespoon margarine, from tub preferred
- 2 tablespoons seedless raisins
- 1 tablespoon honey
- ¼ teaspoon cinnamon

Directions

1. In saucepan on the stove, combine all ingredients and heat through.

Microwave Directions

1. Combine all ingredients in microwave safe bowl.
2. Cook on high for 3 minutes, stirring halfway through (after 1 ½ minutes).

Tip

For variety, try canned peas or canned lima beans in place of canned carrots.

Nutrition Information for 1 serving (½ cup) of Honey Raisin Carrots

Calories	80	Cholesterol	0 mg	Sugar	10 g	Vitamin C	2 mg
Calories from Fat	25	Sodium	70 mg	Protein	1 g	Calcium	40 mg
Total Fat	3 g	Total Carbohydrate	14 g	Vitamin A	3485 RAE	Iron	1 mg
Saturated Fat	0.5 g	Dietary Fiber	2 g				

Recipe provided by DelMonte.com